

Put the neurons in your brain to work! Spend the early afternoon learning Zentangle.

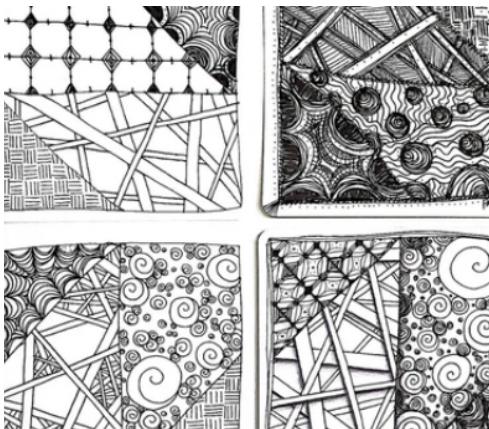
**Anyone can do it!**

Free class and arts supplies provided by and presented by The Comprehensive Center for Brain Health, University of Miami Miller School of Medicine.



## Destress and Delight Your Brain with Zentangle®

PRACTICE MINDFULNESS AND IMPROVE YOUR



BRAIN HEALTH BY DRAWING  
STRUCTURED PATTERNS WITH A  
CERTIFIED ZENTANGLE INSTRUCTOR

\*EACH SESSION IS STAND ALONE

\*PERFECT FOR BEGINNERS

**Wednesday May 13<sup>th</sup> 2026 1:00-2:30**



**Preregistration required**

**CALL 561 482-4554**

***Glades Road Branch***

**20701 95<sup>th</sup> Ave S Boca Raton, FL 33434**

